

## Section Contents

**YOUR RESPONSIBILITY:****To use portable ladders safely**

<b>TITLE</b>	<b>PAGE</b>
Designed use WAC 296-876-40005 .....	400-2
Workplace activities or traffic WAC 296-876-40010 .....	400-4
Support WAC 296-876-40015 .....	400-5
Set-up WAC 296-876-40020 .....	400-6
Climbing and descending WAC 296-876-40025 .....	400-7
Getting on and off ladders at upper levels WAC 296-876-40030 .....	400-8
Exposed electrical hazards WAC 296-876-40035 .....	400-9
Persons on ladders WAC 296-876-40040 .....	400-10
Multisection ladders WAC 296-876-40045 .....	400-11
Self-supporting ladders WAC 296-876-40050 .....	400-12





# Use

WAC 296-876-400

## Rule

WAC 296-876-40005

### Designed use

#### You must

- Use ladders only for their intended purpose.



#### Note:

- Unless specifically recommended by the manufacturer, don't use a ladder as a:
  - Brace
  - Skid
  - Lever
  - Guy or gin pole
  - Gangway
  - Platform
  - Scaffold plank
  - Material hoist

-Continued-

WAC 296-876-40005

## Designed use (continued)

### You must

- Make sure not to overload ladders. Don't exceed either the:
  - Maximum intended load
  - or**
  - Manufacturer's rated capacity.



#### Definitions:

- The **maximum intended load** is the total load of all persons, equipment, tools, materials, transmitted loads, and other loads reasonably anticipated to be applied to a ladder or ladder component at any one time.
- **Ladder type** is the designation that identifies the maximum intended load (working load) of the ladder. Ladder types are as follows:

Duty Rating	Ladder Type	Use	Maximum Intended Load (Pounds)
Extra Heavy-Duty	IA	Industry, utilities, contractors	300
Heavy-Duty	I	Industry, utilities, contractors	250
Medium-Duty	II	Painters, offices, light maintenance	225
Light-Duty	III	General household use	200





# Use

WAC 296-876-400

## Rule

WAC 296-876-40010

### Workplace activities or traffic

#### You must

- Protect ladders that are set-up in a location where they could be displaced by workplace activities or traffic by either:
  - Securing the ladder to prevent accidental displacement
  - or**
  - Using a barricade to keep the activities or traffic away from the ladder.
- Protect ladders that are set-up in front of doors that open towards the ladder by doing at least one of the following:
  - Block the door open.
  - Lock the door.
  - Guard the door to keep it from opening into the ladder.

WAC 296-876-40015

## Support

### You must

- Place the ladder either:
  - With a secure footing on a firm, level support surface**or**
  - Secure the ladder to prevent accidental displacement.
- Make sure a ladder isn't placed on ice, snow, or other slippery surface unless the ladder is prevented from accidental displacement by either:
  - Securing it**or**
  - Providing the ladder with slip-resistant feet.



#### Note:

- Slip-resistant feet aren't a substitute for care in placing, lashing, or holding a ladder that's used on a slippery surface.

### You must

- Make sure ladders aren't placed on boxes, barrels, or other unstable bases to obtain additional height.
- Place a straight ladder so the side rails are equally supported by the top support, unless the ladder is equipped with a single support attachment.
- Make sure the top support of the ladder is reasonably rigid and able to support the load.



# Use

WAC 296-876-400

## Rule

WAC 296-876-40020

### Set-up

#### You must

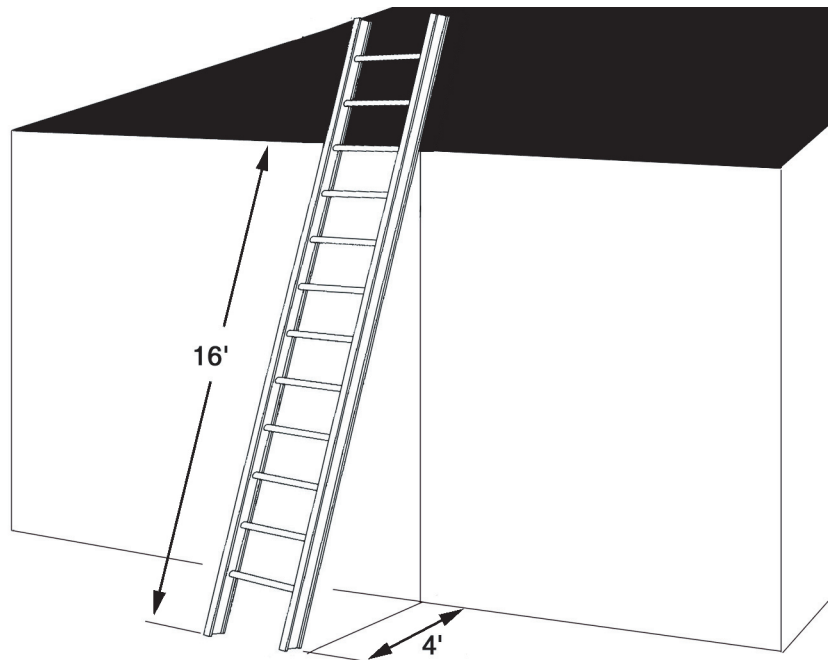
- Set-up nonself-supporting ladders at a safe angle. The ladder is set at the proper angle when the horizontal distance from the top support to the foot of the ladder is approximately one-quarter the working length of the ladder.
- Set-up job-made ladders with spliced side rails so that the horizontal distance from the top support to the foot of the ladder isn't greater than one-eighth the working length of the ladder.



#### Definition:

- The **working length** of a nonself-supporting ladder is the length, measured along the rails, from the base support point of the ladder to the point of bearing at the top.

**Safe Ladder Angle**



1 • 800 • 4BE SAFE (1 • 800 • 423 • 7233)

WAC 296-876-40025

## Climbing and descending

### You must

- Have both hands free to hold on to the ladder.
- Face the ladder when climbing or descending.
- Keep ladders free of oil, grease, or other slippery materials.
- Keep the area around the top and bottom of ladders clear.
- Make sure single-rail ladders aren't used.



#### Definition:

- A **single-rail ladder** is a portable ladder with crosspieces mounted on a single rail.



# Use

WAC 296-876-400

## Rule

WAC 296-876-40030

### Getting on and off ladders at upper levels

#### You must

- Make sure a ladder used to access an upper level has the side rails extended at least 3 feet (.9 m) above the landing surface if the ladder length permits.
- Do the following if a ladder used to access an upper level isn't long enough to obtain a 3-foot side rail extension above the landing surface:
  - Secure the ladder at the top to a rigid support that won't deflect.
  - Provide a grasping device, such as a grabrail, to assist in mounting and dismounting the ladder.
  - Make sure the ladder deflection under a load won't, by itself, cause it to slip off its support.
- Make sure, if 2 or more separate ladders are used to reach an elevated work area, that the ladders are offset with a platform or landing between them.



#### Exemption:

- A platform or landing isn't required when a portable ladder is used to reach a fixed ladder on structures such as utility towers and billboards where the bottom of the fixed ladder is elevated to limit access.



WAC 296-876-40035

## Exposed electrical hazards

### You must

- Use ladders with nonconductive side rails where the ladder could contact uninsulated, energized electric lines or equipment.
  - Metal ladders or other ladders specifically designed to permit grounding or dissipation of static electricity may be used around high static electrical fields if all of the following are met:
    - Using nonconductive ladders would present a greater hazard than using conductive ladders.
    - Ladders are prominently marked and identified as being conductive.
    - Ladders are grounded when used near energized lines or equipment.



#### Note:

- Examples of ladders with conductive side rails are metal ladders, and wood or reinforced plastic ladders with metal side rail reinforcement.



# Use

WAC 296-876-400

## Rule

WAC 296-876-40040

### Persons on ladders

#### You must

- Make sure a ladder isn't moved, shifted, or adjusted while anyone is on it.
- Secure the ladder at the top and bottom when working from it.
- Use a safety belt with a lanyard that's secured to the ladder when doing any work that:
  - Requires the use of both hands
  - and**
  - Is done from a ladder more than 25 feet above the ground or floor.
- Prohibit work being done from a ladder more than 25 feet above the ground or floor if the work requires wearing eye protection or a respirator.

WAC 296-876-40045

## Multisection ladders

### You must

- Make sure not to tie or fasten ladder sections together to make longer ladders unless:
  - The ladder manufacturer endorses this type of use
  - and**
  - You have hardware fittings specifically designed for this purpose.
- Make sure each section of a multisection ladder, when fully extended and locked in position to be used, overlaps the adjacent section as indicated in Table 2, Minimum Required Overlap for Extension Ladders.

**Table 2**

**Minimum Required Overlap for Extension Ladders**

If the ladder size (feet) is	Minimum required overlap for a two-section ladder is (feet)
Up to and including 36	3
Over 36 and up to and including 48	4
Over 48 and up to and including 60	5





# Use

WAC 296-876-400

## Rule

WAC 296-876-40050

### Self-supporting ladders

#### You must

- Make sure self-supporting ladders aren't used as single ladders or in the partially closed position.
- Make sure stepladders are fully opened with the spreaders locked.
- Make sure not to climb on the rear braces of a self-supporting ladder unless they are designed and recommended for that purpose by the manufacturer.
- Prohibit standing or stepping on the:
  - Top cap and top step of a step or trestle ladder.
  - Bucket or pail shelf of a self-supporting ladder.



#### Exemption:

- The restriction against using the top step isn't applicable if it's 18 inches or more below the top cap.